The Gentlewomans CABINET UNLOCKED.

Wherein is Contained,

many Excellent Receipts for the Neat Dreſſing of Divers Sorts of Meats, both Fleſh and Fiſh, with their proper Sauces.

ALSO,

Directions for the beſt

way of making Pancakes, Fritters, Tanſies, Puddings, Cuſtards, Cheeſe-cakes; and ſuch like fine Knacks, and other Delicate Diſhes, which are moſt frequently uſed in Gentlemens Houſes.

The 7th. *Impreſſion*, with New Editions.

London, Printed by *E. C.* and are to be Sold by *John Williamſon* at the Bible and Sun on *London-bridge* 1675.

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PRESENTED TO THE MUSEUM

The Gentlewomans CABINET Unlocked.

To make Rice Milk.

Take a Quart of good Milk, two handfuls of Rice-flower, beaten very small, and a quarter of a pound of Sugar, & put them into the Milk; then take the Yelk of an Egg, beat it with a spoonfull or two of Rose-water, then put it into the Milk, and stir all these together, and put it over a quick fire, keeping it continually stirring till it be as thick as water pap.

To make Fritters.

Take nine Eggs, yelks & whites beat them very well, then take half a pint of Sack, a pint of Ale, some Ale Yest; put

these to the Eggs and beat them all together, put in some Spice and Salt, and fine Flower: then shred in your Apples, and let them be well tempered, and fry them with Beef-suet, or half Beef and half Hogs-suet dryed out of the Leaf.

To make a good Cake.

Take half a Peck of Flower, three pound of Butter, some Nutmeg, Cloves and Mace, Cinnamon, Ginger, and a pound of Sugar: mingle these well together with the flower, then take four pound of Currants well washed, picked, and dryed in a warm cloth, a little Ale-Yest, twelve Eggs, a quart of Cream or good Milk warm'd, half a pint of Sack, a quarter of Rose-water, knead it well and let it be very lith, lay it in a warm cloth, and let it lye half an hour against the fire, then make it up with the white of an Egg beaten with a little Butter, Rose-water, and Sugar: put it into the Oven; and let it stand an hour and an half.

To Pickle Cucumbers.

Take an Earthen Vessel, & lay therein first a lay of Salt & Dill, then a lay of Cucumbers, and so till they be all laid: then put in some Cloves and whol

whole Pepper, and some Fennel-seed, then fill it up with Beer vinegar, and lay a clean board with a Stone upon it, to keep them in the Pickle, and so keep them close covered: and when the Vinegar looks black pour it out and put in fresh.

To pickle Broom Buds.

Take your Buds before they be yellow on the top, make your Pickle of Vinegar and Salt, which you must do by stirring it till the Salt be dissolved, then put in your Buds, and stir them once every day, till they be sunk within the Vinegar: And be sure to keep them close covered.

To Pickle Clove Gilliflowers, for Salleting all the Year.

Take your Clove-Gilliflowers, and slip of the leaves, then strow some Sugar in the bottom of the Gally-pot (that you do them in) and lay a Laying of Gilliflowers, and then a Laying of Sugar, and so till you have laid them all, then pour on as much Clarret-wine as will cover them, and lay a piece of thin board on them to keep them down, then tye them close, and let them stand a Month in the Sun, and use them

as you have occasion.

To make Black Puddings.

Take your Blood while it is warm and stir it well, and put some Salt in it, and when it is cold put in your Groats, and let it stand two days, stir it often, then put in your Herbs well shred, as Rosemary-tops, Winter-savory, Penny-Royal, Time, and Fennel; then make it soft with putting of Cream to it hot, untill the Blood looks pale, then beat some Eggs and mingle it, and season it with Spices, and put in good store of Beef-suet not minced to small, fill your Skins therewith and boyl them: Or else you may boyl it in a bag, which you please.

To make a Tansie.

Take fifteen yelks of Eggs, and six whites, beat them very well, then put in some Sugar, and a little Sack, and a about a pint of Cream, then beat them again, then put in Tansie, Spinnage, and Primrose-leaves, or the like, chopt as small as possible may be, and beat them all well together, then put it in a Skillet, and set it over the fire, stirring it continually till it be pretty stiff, then put it into a Pan, and Fry it with sweet

ſweet Butter: And make Sauce for it with Roſe-water, Butter and Sugar.

To make Furmentie.

Take a quantity of Cream or Milk, as much as you pleaſe; put therein Mace, Cinnamon and Nutmeg, ſet it over the fire, and let it boyl; then take your Wheat (being firſt Boyled very tender in Water) and put it into your Cream or Milk, and boyl it well, then beat ſome yelks of Eggs, with a little cold Milk and fine flower, put them in to thicken it, keep it ſtirring that it burns not to the bottom: when it is boyl'd ſweeten it with Roſe-water and Sugar.

To make Stew'd Broth, or Plumb-pottage.

Take a Neck of Mutton, or rather a Rump of Beef, let it boyl, and ſcum your Pot clean, then thicken it with grated Bread, putting in ſome beaten Spice, and a pound of Currants, two pound of Raiſons of the Sun, a pound of Prunes: when it is boyl'd put in a quart of Clarret, and a pint of Sack, and as much Sugar as will ſweeten it, and then ſerve it up.

To make a good Baked Pudding.

Take grated White-bread and fine Flower, with Eggs, Sugar, and Spice.

then take as much Cream or Milk, as will temper it about the thickness of Pancake-batter: Shred your Suet small and put into it: butter your Pan, and bake it: so serve it up: casting Sugar upon it.

How to make Paste for a Venison Pasty.

Take almost a peck of Flower, knead it with two pound of Butter, and as much Suet, the yelks of eight or ten Eggs, make reasonable lith Past, then roul it out, and lay on Suet: first lay a paper under your Past, then lay on your Venison, close it up, pinch it and wash it with Butter, and bake it: when you draw it out wash it with Butter again.

To make a Custard.

Take good store of Eggs, put away one quarter of the Whites, beat them well, and then mix them with the thickest and sweetest Cream you can get: then season it with Salt, Sugar, Cinnamon, Cloves and Mace, and a little Nutmeg: then raise your Coffins of good tough Past, and strew the bottoms over a good thickness with Currants, and Sugar, then set them in the Oven to

Bak

Bake: when they are Baked draw them out, strew Sugar on the tops, and serve them up.

To make Puff-paste.

Take the finest wheat flower, after it hath been a little baked in a Pot in the Oven, and blend it well with Eggs whites and yelks altogether, and after the Paste is well kneaded, role out a part of it as thin as you can, then spread cold sweet Butter over the same, then upon the same butter role another leaf of Paste as before, and spread that with Butter also, thus role leaf upon leaf with Butter between, till it be as thick as you think good: or else make Paste for Venison. Florentine Tart, or what dish you please and so bake it.

To make a Pippin Tart.

Take Pippins and pare them, then divide them in halfs, and take out the cores clean, then having cold the Coffin flat raise up a verge of an inch high, laying the Pippins with the hollow sides downwards as close as they will lye, and lay here and there a Clove, little bits of Cinnamon, then cover all clean over with Sugar, and so cover the

Cof-

Coffin, and bake it: and when it is baked, beat Rose water and Butter and anoint all the Lid over therewith, and strew good store of Sugar on, and so serve it, in like manner you may make a Codling Tart.

To make a Cheese-cake.

Take three Eggs and beat them very well, and as you beat them, put in as much fine Flower as will make them thick, put in them three or four Eggs more, and beat them all together: then take a quart of Cream, and put into it a quarter of a pound of swæt Butter, and set them over the fire, and when it begins to boyl, put in your Eggs and Flower: stir them well, and let it boyl till it be thick, then season it with Salt, Sugar, Cinnamon, and Currants, and bake it in Paste as you please.

To make a Quaking Pudding.

Take a pint (and somewhat more) of thick Cream, ten yelks of Eggs, with three whites: beat them very well with two Spoonfuls of Rose-water: Then mingle three spoonfuls of fine Flower with it, but mingle it so well that there be no lumps in it, put it all together and season it with Salt and Spice, then take

take a thick Cloth and butter it well, then put your Pudding therein, and let it boyl for half an hour as fast as you can: take it up, and make your Sauce with Butter and Rose-water and Sugar, and serve it up.

To make an Oatmeal Pudding.

Take a quart of Oatmeal beaten to flower, a pint of Cream, four Eggs beaten, a good quantity of Sugar and Nutmeg, a pound of Beef-suet well minced: mingle all these together and so bake it.

To make a Sack-Posset.

Take a quart of Cream, and boyl it well with Sugar, Mace, and Nutmeg, and take half a pint of Sack, and as much Ale and boyl them well together with some Sugar: and when it hath ben boyling a little while, put your Cream into a Bason to your Sack, then heat a Pewter-dish and cover your Bason with it, and let it stand by the fire two hours ere you eat it.

To make a Caudle.

Take what Quantity of Ale you think meet, and set it over the fire, and when it is ready to boyl, scum it well: then cast in large Mace, and take the yelks

yelks of two Eggs for one Mess or Draught, and so more or less according to the quantity of your Ale: beat them very well, and take away the skin of the yelks, and when the Ale boyls put them in, and keep them stirring continually: and when it hath boil'd a while, sweeten it with Sugar; and if it be to eat, cut two or three rolls of White bread, toast them dry, and put them to the Candle, but if it be to drink put in none.

To Stew Beef.

Take a good Rump of Beef cut from the bones, shred Turneps and Carrets small, with Spinnage and Lettice, put all in a Pan and let it stew four hours with so much Water, and a quart of White-wine as will cover it, some Pepper and Salt: when it is stewed then put in a wine-glass full of good Elder Vinegar, and serve it with Sippits.

To Boyl a Gammon of Bacon.

Water your Gammon of Bacon twenty-four hours, then put it into a deep Kettle with sweet Hay, let it boyl softly six or seven hours, and then take it up with a Scummer and a Plate, and take off the Skin whole, then stick your Gam-

Gammon full of Cloves, and strew on some grois Pepper, then cut your skin like sippits to garnish your Gammon: and when you serve it, stick it with Bay-leaves.

To Boyl Brawn.

Water your Brawn twenty-four hours, wash and scrape it four or five times, then take it out of the water and lay it on a clean Table, and throw an handful of Salt on every Coile, then bind them up as fast as you can with Hemp or Bass, and put them in your Kettle, when the Water boyleth, and the scum ariseth, take it away: Let it boyl so tender that you may thrust a straw through it, then let it cool till the next morning, and Scure it.

To make a White-pot.

Take the best and sweetest Cream, and boyl it with good store of Sugar and Cinnamon, a little Rose-water: then take it from the fire and put into it clean pickt Rice, but not so much as to make it thick, and let it steep therein till it be cold: then put in the Yelks of six Eggs and two whites, Currants, Nutmeg and Salt; then put it into the Pan or Pot, as thin as if it were a Custard, and

and so bake it, and serve it in the Pot it is baked in, strewing Sugar on the top thereof.

To make Mince-Pyes.

Take a Leg of Mutton, and cut the best of the flesh from the Bone, and parboyl it well: then put to it three pound of the best Mutton-Suet, and shred it very small, then spread it abroad, and season it with Salt, Cloves, and Mace beaten: then put in great store of Currants and Raysons, a few Dates sliced, and some Orange Peel sliced: then being all well mixed together, put it into your Coffins, and so bake them: and when they are served up, open the Lids and strow good store of Sugar on the top of the Meat, and upon the Lids. In like manner also you may make Minc'd Pyes of Beef, or Veal, only the Beef should not be parboyl'd, and the Veal will require twice as much Suet.

To make a Warden, or Quince Pye.

Take of the fairest and best Wardens, or Quinces, and pare them, and core them, cut the sharp ends flat, then boyl them in White-wine and Sugar, till

till the Sirrup grows thick: then take the Wardens or Quinces from the Sirrup, lay them in a clean Dish & let them cool, then set them into a Coffin of good tough Paste, stick Cloves in the tops with little sticks of Cinnamon and good store of Sugar, then cover it with a Lid, only leade a vent-hole, then bake it when you draw it, put the Sirrup (that the Wardens or Quinces were boyl'd in) at the vent hole, shake it well, and melt some Butter with Rose-water, to anoint the Lid, and strew store of Sugar on the top of the Wardens, or Quinces, and the Lid: and so serve it.

For Dressing of Fish.

Take any fresh fish whatsoever, as Pike, Bream, Carp, Barbel, Chub, or such like, and draw it, but scale it not: then take out the Liver and Relings, and wash your Fish: Then take a pottle of fair water, a pretty quantity of White-wine, good store of Salt, Vinegar, and a little bunch of sweet Herbs, and set it on the fire, and as soon as it begins to boyl, put in your Fish, and having boyl'd a little, take it up into a fair Vessel, then put in the Liquor, some Gross Pepper, and Ginger: and when it is

boyl'd

boyl'd well, put in more Salt, and let it to cool, and then put your Fish into it: and when you serve it up, lay Fennel thereupon.

To boyl small Fish.

First boyl some white-wine and water together with a bunch of choice Herbs and a little whole Mace: when all is boyled well together, put in your Fish, whether Roches, Daces, Gudgeons, Flounders or the like: and as the scum ariseth take it clean off, then put in the sole of a Manchet, a good quantity of sweet Butter, and season it with Pepper, Salt, and Verjuice: so serve it in upon sippits, and adorn the sides of the Dish with Sugar.

To make a Broth for any fresh Fish whatsoever, whether Pike, Bream, Carp, Barbel, Eel, or the like.

You must boyl Water, Verjuice, and Salt, together with a handful of sliced Onions: then you must thicken it with three or four spoonfuls of Ale Yest: then put in a good quantity of whole Barberries, as also pretty store of Currants: when it is boyled enough, Dish up your Fish and pour your Broth upon it, laying your fruit and Onions uppermost.

To

To roast a Cows Udder.

Take a Cows Udder, and first boyl it well, then stick it over with Cloves, and when it is cold, spit it and lay it to the fire and apply it well with basting; and when it is well roasted and brown, bread it and draw it from the fire; take some Clarret-wine and grated bread, and set it on a Chaffingdish of Coals, & boyl it till it be thick; then put to it good store of Sugar and Cinnamon: and putting it in a clean Dish, lay the Udder therein, and trim the sides of the Dish with Sugar, and serve it up.

To Roast Venison.

Take your Venison and Lard it either with Pork or Bacon, and stick it full of Cloves on the outside; then spit it and Roast it by a soaking fire: then take Clarret-wine, Vinegar, grated bread, and some of the Gravey that comes from the Venison, and boyl them well, then season it with Sugar, Cinnamon, Ginger, and Salt? and serve the Venison upon the Sauce when it is enough.

To make Sauce for a Roasted Capon.

Take Onions; pæl and slice them, then boyl them in fair Water, with

Pepper, Salt, and a few White-bread crums, then put into it a spoonful or two of Clarret-wine; ye juice of an Orange, thrée or four slices of Lemon péel shred small: All these mixt together, pour it upon the Capon when 'tis cut up, This Sauce (leave out the Bread) will also serve for a Pheasant.

To make Sauce for a Quale, Rail, or any fat big Bird.

Mix Clarret-wine and Salt together, with the Gravey of the Bird and a few fine Bread crums; boyl them, and pour it on the Birds when you cut them up.

To make Sauce for Pigeons, Stock-Doves, or the like.

Mix Butter and Vinegar with Parsly Roasted in their bellies, and shred small: So serve it up with the Pigeons.

To make Sauce for Wild Fowle Roasted.

The most General Sauce for all kind of Wild Fowl Roasted, as Duck, Mallard, Teale, Snipe, Sheldrake, Plover, Puete, Gulls and such like; is onely Mustard and Vinegar, or Mustard and Verjuce mixt together: or else an Onion, Water, and Pepper:

Some

Some use only Butter melted without any thing else.

To make Sauce for Green Geese.

Take Sorrel, stampt it, and strain it, and mix the juyce thereof with Sugar, & a few Scalded Gooseberries; and so serve it upon sippets.

To make Sauce for a Pig.

Take Sage and Roast it in the Belly of the Pig, then boyl Verjuyce and Butter and Currants together, take and chop the Sage small, and mix the Brains of the Pig with it.

To make Sauce for a Turkey.

Take Water, and set it over the fire, then slice good store of Onions, and put into it, also Pepper and Salt, and good store of Gravey that comes from the Turkey, and boyl them very well together, then put to it a few fine crums of grated bread to thicken it, a very little Sugar and some Vinegar: and so serve up with the Turkey.

Sauce for Roast Mutton.

Some use only Onions sliced in fair Water and Salt? Some use Broom-buds pickled: Some pickled Cucumbers: But the best Sauce is Clove-gilly-flowers preserved in Clarret-Wine.

as before I shewed you.

Sauce for Veal.

Take all kind of sweet Pot-herbs, and chop them very small, with the Yelks of two or three Eggs; boyl them in Vinegar and Butter, with a few White-bread crums, and good store of Sugar: Then season it with Cinnamon, a little Pepper and Salt; and pour it upon the Veal; with some slices of Oringes and Lemons about the Dish.

To make Rice-Puddings.

Take half a pound of Rice, and steep it in new Milk a whole night, and in the morning drain it, and let the Milk drop away, and take a quart of the best, sweetest, and thickest Cream, and put the Rice into it, and boyl it a little, then set it to cool an hour or two, and after put in the Yelks of six Eggs, a little Pepper, Cloves, and Mace, Currants, Sugar, & Salt; and having mixt them together, put in good store of Beef Suet small shred, and beat it well; so put it into the Farms or Skins, and boyl them: And serve them up, after a day old.

To make Links.

Take the largest of your Chins o

Pork

Pork, and that is called a Liſt, and ſhred them ſmall, and mix the Fat and Lean exceeding well together; then take good ſtore of Sage, and ſhred it very ſmall, and mixt it with the fleſh; then give it a good ſeaſon with Pepper & Salt, Cloves and Maces, then take ℔ Farms or Skins in their whole length, not cut into pieces, as for Puddings: Firſt blow them well to make the Meat ſlip, then fill them; which done, divide them with Threds into ſmall Links as you pleaſe; then hang them up in the Corner of ſome Chimny (clean ſwept) that they may take the air of the fire; and let them dry four or five days ere any be eaten: And when they are ſerved up, let them be fryed, or broyled on a Gridiron; or Roaſted about a Capon.

To make an excellent Sullabub, without Milking under a Cow.

Take Sider and good ſtore of Sugar, and a little Nutmeg, ſtir it well together, and put in as much thick Cream as you think will ſerve, by two or three ſpoonfuls at a time, as hard as you can (as though you Milkt it in) then ſtir it together exceeding ſoftly once about, and

and let it ſtand two houres (at leaſt before it be eaten: for the ſtanding makes the Curd.

To make a Fool.

Take two Quarts of Cream, ſet it over the fire, and let it boyl: then take the Yelks of twelve Eggs, and beat them very well with Three or four ſpoonfuls of cold Cream: as the Cream is heating over the fire, take five or ſix ſpoonfuls and put to the Eggs, ſtirring them well together: and when the Cream boyls, ſtrain the Eggs into it, keeping it ſtirring continually, that it may not burn to the bottom, and let it boyl a little after the Eggs are in: then take it off and let it ſtand and cool, then cut ſome ſippits and lay in a diſh, and pour Three or Four ſpoonfuls of Sack upon them, ſetting them to dry: and when they be dryed, ſo that they hang to the Diſh, ſweeten the Cream, and pour it into the Diſh ſoftly, that the ſippits riſe not up: Keep it till it be cold ere you eat it.

To Haſh a Calves-head.

Take it and half boyl it, then take it and ſlice it in ſmall pieces: then take ſweet Herbs, and ſhred them ſmall, and take

take some Clarret-wine, and the yelks of four Eggs, and set a stewing, and shake it well together.

To Hash any cold Meat.

Slice your Meat and set it a stewing, and put in sweet-Herbs, some whole Pepper and Cloves; and when you serve it up, put in some Butter and Vinegar.

For a Frigacie.

Take your Rabbets or Chickens, and cut them in pieces, and break the bones with a Roling pin, and let your Pan be very clean, and take sweet-Butter, and keep them shaking, and slice a little Lemon: and when it is almost ready, put in some Eggs and Cream well beaten, and two or three spoonfuls of Role-water, or Sack, and stir them well together: & when it is fryed enough, serve it up.

To make Sauce for boyled Rabbets.

Take Onions and boyl them in a cloth and boyl Currants, and beat your Butter and Vinegar very thick: and serve it up.

Sauce for boyl'd Chickens.

Take Parsly and Sorril scalded and shred, then melt your Butter thick, and mix them together with a little Sugar: and send them up.

Sauce

Sauce for Calves Feet.

Boyl a little Bread and Butter, and take the Yolks of three or four Eggs, and two or three spoonfuls of Sack or Claret, and a little Sugar: beat them together, and serve them up.

Sauce for a Boyl'd Leg of Lamb.

Take Gooseberries scalded and Butter, beat with Vinegar and Sugar, and a little Lemmon and Orange: so send them up.

Sauce for Roast Mutton.

Take three or four Anchovis Mixed in Claret-wine, over a Chafing-dish of Coals: and as much Gravey as you can save: so serve it up.

To make a Chicken Pye.

Take your Chickens and season them with Cloves and Mace, & a little Salt, then lay them into your Coffin, and lay some large Mace upon them, and an indifferent quantity of Butter: and leave a a vent hole in the top: so bake it: and against it is bak'd, make a Caudle of Muskadine or Sack, boyled with Mace and thickned with Eggs, and store of Sugar, and fill it up: and serve it either cold or hot. This is the new fashion to make a Pigeon Pye.

FINIS.